

**TOWN OF BROOKHAVEN NUTRITION PROGRAM MENU OCTOBER 2020**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Suggested voluntary anonymous meal contribution is \$2. Persons with self-declared income at/above 185% of federal poverty level are encouraged to contribute actual cost.	<b>Menu is subject to change.</b> Funding is provided by U.S. Administration for Community Living through NYS Office for the Aging and Suffolk County Office for the Aging.	Reserve meal by Noon the day before. Reserve Mondays meal by Friday. Mt Sinai 631-451-9191 Mastic 631-451-9191 Moriches 631-451-9191	1 LOW SODIUM APPLEWOOD BAKED HAM BUTTERNUT SQUASH SPINACH TROPICAL FRUIT	2 CHEESE TORTELLINI W. MEAT SAUCE ITALIAN BLEND VEGETABLE FRUITED GELATIN
5 BONELESS SOUTHERN FRIED CHICKEN THIGH MASHED POTATO ZUCCHINI DICED PEACHES	6 VEGETABLE TUNA SALAD ROMAINE, BUN CARROT & RAISIN SALAD TOMATO & ONION SALAD CUT MELON	7 LASAGNA FLORENTINE ITALIAN BLEND VEGETABLE COOKIE	8 STUFFED PEPPER WITH MARINARA SAUCE PENNE NORMANDY BLEND VEGGIE VANILLA PUDDING	9 CHICKEN CUTLET SANDWICH BROCCOLI SLAW BEET SALAD APRICOTS
12 <b>COLUMBUS DAY</b>  <b>NO DELIVERY</b> <b>FROZEN MEAL</b>	13 CHICKEN PARMIGIANA PENNE W. MARINARA ZUCCHINI BANANA	14 FLOUNDER STUFFED WITH SPINACH & FETA WILD RICE CARROTS MANDARIN ORANGES	15 TURKEY DINNER SWEET POTATO CAULIFLOWER TROPICAL FRUIT	16 CHEESE RAVIOLI WITH MEAT SAUCE BROCCOLI ITALIAN BLEND VEGETABLE FRUITED GELATIN
19 7oz CRAB CAKE W. LEMON JUICE & TARTAR SAUCE CORN CAULIFLOWER PEACHES	20 BEEF STEW W. ROOT VEGETABLES BROAD NOODLES SPINACH APPLESAUCE	21 TURKEY MEATLOAF GRAVY SWEET POTATO BRUSSEL SPROUTS ORANGE	22 CHICKEN FRANCAISE WITH LEMON & WHITE WINE ORZO W. SPINACH, FETA, & TOMATO GREEN BEANS PEAR	23 PORCUPINE MEATBALLS MUSHROOM GRAVY EGG NOODLES BROCCOLI PINEAPPLE
26 SWEET & SOUR CHICKEN FRIED RICE VEGETABLES MELON SALAD	27 EGGPLANT LASAGNA ESCAROLE & BEANS WITH GARLIC & OIL MIXD FRUIT CUP	28 TURKEY & LOW SODIUM CHEESE SANDWICH TOMATO & CUKE SALAD CARROT SALAD MANDARIN ORANGE	29 CHICKEN CORDON BLUE OVER BARLEY PILAF KALE WITH ONIONS MIXED VEGETABLE APRICOTS	30 SLOPPY JOE ON A BUN BROCCOLI BABY CARROTS COOKIE